IN THE CLAIMS:

Please cancel Claims 13-14:

Please amend Claim 1 to read as follows:

1. (Currently Amended) A process comprising reducing a component selected from the group consisting of tungsten <u>oxide</u> powders and molybdenum oxide powders, in the presence of alkali metal compounds, and preparing tungsten powder, molybdenum powder, mixtures thereof, or a carbide;

wherein at least two alkali metal compounds are used in a ratio so that mixed alkali tungstate or molybdate formed in an intermediate step ((Li, Na, K)₂ WO_z, (Li, Na, K)₂MoO_z) has a melting point of less than about 550°C, wherein the value of z is from 3 to 4.

- 2. (Original) The process of Claim 1, wherein the component selected from the group consisting of tungsten powders and molybdenum oxide powders is subjected to a carburizing treatment.
- 3. (Original) The process according to Claim 1, wherein the alkali compounds are used in a total amount that ranges from about 0.2 to about 1.5 mole %, based on the tungsten and/or molybdenum oxide.
- 4. (Original) The process according to Claim 1, wherein the alkali compounds have a molar ratio of Na to Li of from about 0.9 to about 1.26 and wherein, in the further presence of a potassium compound, the potassium replaces Na and/or Li up to about 40 mole %.
- 5. (Original) The process according to Claim 1, wherein the alkali compounds are used in a mixed salt.
- 6. (Original) The process according to Claim 1, wherein the alkali compounds are selected from the group consisting of oxides, hydroxides, carbonates, tungstates and molybdates.
- 7. (Original) The process according to Claim 1, wherein the tungsten oxide powder is WO₃ and the molybdenum oxide powder is MoO₃.
- 8. (Original) The process according to Claim 1, wherein the tungsten oxide powder is WO₂ and the molybdenum oxide powder is MoO₂.

Mo6555

- 9. (Original) The process according to Claim 1, wherein the reducing treatment is carried out in an atmosphere containing hydrogen and/or carbon monoxide and/or hydrocarbon.
 - 10. (Original) A tungsten metal powder prepared according to Claim 1.
- 11. (Original) A molybdenum metal powder prepared according to Claim 1.
- 12. (Original) A tungsten carbide powder prepared according to Claim
 1.
 - 13-14. (Currently Cancelled)

Mo6555